

Healthful Whole Grains!



Are Whole Grains Important for Children?

Yes! Whole grains provide the nutrients children (and adults) need to stay healthy. Whole grains are low in fat and have no cholesterol; they are high in fiber, vitamins, minerals, antioxidants and many other healthful substances. Whole grains provide healthful energy for a child's daily activities and reduce their risk of developing health problems.

What Exactly Are Whole Grains?

Whole grain foods contain all three parts of the grain: the bran, the endosperm and germ.

- The outer **bran** layer is full of fiber, B vitamins, 50 to 80 percent of the grain's minerals, and other health-promoting substances called phytochemicals.
- The third part is the **germ**, which is full of B vitamins, Vitamin E, trace minerals, healthful unsaturated fats, phytochemicals and antioxidants.
- The large **endosperm** portion is full of complex carbohydrates, protein, and some B vitamins.

If **all three parts of the grain** are present in processed foods, they are a **whole** grain. By comparison, **refined** grain foods contain only the endosperm. When the germ and bran portions are removed during milling, the nutrient content is reduced by 25 to 90 percent.

The 2005 Dietary Guidelines for Americans recommends that **at least half of the grains consumed by children should be whole grains**. Sound impossible? It's easier than you may think. You have many delicious options for adding a whole grain food to each meal without spending a lot of time or money; the most inexpensive whole grains generally are large containers of store-brand oatmeal, breakfast cereals, crackers, and breads.

Common Types of Whole Grains

- Brown rice (regular or quick)
- Wild rice
- Oatmeal, whole or rolled oats (regular, quick, instant)
- Pearl barley
- Whole wheat

Less Common Types of Whole Grains

- Amaranth
- Buckwheat or kasha
- Cracked wheat, also called bulgur
- Millet
- Quinoa
- Whole grain corn or cornmeal (yellow and white)
- Whole rye

You, along with the variety of food you provide, are a role model for children in introducing new and healthy foods. Start gradually by introducing whole grains in baking, and then add whole grains to side dishes and entrees. Don't be afraid to try new whole grains. Practice being a savvy whole grain shopper. Your child care children and your family will benefit from eating whole grains.

Easy Ways to Add Whole Grains

- **Breakfast:** choose a quick and easy ready-to-eat or ready-to-cook whole grain cereal for like Shredded Wheat, Total®, Raisin Bran, or Oatmeal cereal.
- **Portable Snacks:** pour some dry, bite-size cereals into a bag, or put a whole grain cereal bar into a backpack to take along during busy days.
- **Baking:** try substituting whole grain flour for one-fourth to one-half of the white flour called for in recipes. Use or choose whole grain in muffins or cornbread made with whole grain corn meal. Add oats to cookies or other desserts.
- **Make it even healthier:** provide low-fat whole grain crackers, baked tortilla chips or a brown rice cakes as a snack.
- **Cooking:** add whole grains to mixed dishes. Try adding some pearl barley, wild or brown rice to your favorite soup, stew or casserole.
- **Shopping:** choose whole grain pasta (macaroni, spaghetti, noodles), pancakes or waffles, tortillas, rolls and pita pockets.
- **Side dishes:** try a hot or cold whole grain side dish (such as pilaf or stuffing) using brown or wild rice, kasha, bulgur or pearl barley.



People who want to start eating more whole grain foods are often unsure how to find them. The key is in knowing which words to look for and which ones are not helpful.

Identify Whole Grain Foods When You Are Shopping.

- Check ingredient lists carefully. **Choose products that have a whole grain as the first ingredient on the list.** Look for products that say “100% whole grain” – meaning no refined flour. On the list of ingredients, the first ingredient listed should be the word “**whole**,” like “whole wheat” or “100% whole wheat.”
- A food’s color is **not** helpful in identifying whether it contains whole grain ingredients. Dark or brown bread may be a whole grain food or it may just have molasses or caramel food coloring added.
- “*Made with whole grains.*” These words alone do **not** guarantee that the product is nutrient-rich or health enhancing. Some of these cereals are still nearly half sugar – their number one ingredient.

Phrases That Do Not Mean Whole Grain

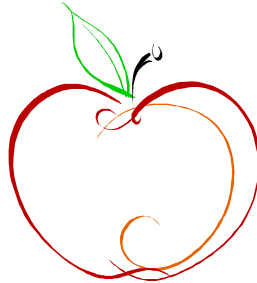
- “**100% wheat**” This phrase means that the only grain contained in the product is wheat. This may be all refined wheat flour, and no whole wheat flour.
- “**Multigrain**” A word that means the product contains more than one kind of grain; however, the food may **not** contain **whole** grains.
- “**Stone ground**” This term refers to grain that is coarsely ground and may contain the germ, but not the bran. Often, refined flour is the first ingredient, not whole grain flour. Check the ingredient list.
- “**Pumpernickel**” is coarse, dark bread made with rye and wheat flours. In the U.S., it usually does **not** contain mostly whole grain flours.

FIBER FACTS

Fiber is the main part of the cell walls of plants. The human body is not able to digest, or is able to digest very little, of the fiber in plants. Only foods that come from plants contain fiber. There are two types of fiber, *soluble* and *insoluble*. Both types of fiber promote a feeling of fullness, which can help people manage their weight.

Soluble Fiber

Soluble fiber can help lower blood cholesterol and may reduce the risk of heart disease and stroke. You can get soluble fiber from oat bran, oatmeal, apples, oranges, grapefruit, cabbage, and legumes (dry beans, lentils or peas).



Insoluble Fiber

Insoluble fiber provides the "bulk" needed for proper functioning of the stomach and intestines. It promotes healthy intestinal action and prevents constipation and intestinal disease. You can get insoluble fiber from whole grain breads and cereals. Examples include 100% whole wheat bread and 100% bran flakes, fruit with edible peels or seeds, and vegetables.



Recommended Intake

Adults are recommended to consume 25 to 30 grams of fiber per day. A child's need for fiber is based on age: 10 grams plus the child's age. For example, a 4-year-old child would need (10 grams + 4 years) 14 grams per day.

Sources of Fiber

To become familiar with the amount of fiber in foods, begin by looking at the Nutrition Facts label. Fiber is listed as Dietary Fiber, and the amount is given in grams (g) and Percent Daily Value. Whole grains are a great source of fiber, and are infinitely better than refined grains from a nutritional standpoint. *Check out the "Healthful Whole Grains!" handout in this resource.* Another great source of fiber is legumes (beans). An average adult serving of $\frac{1}{2}$ cup of cooked dry beans contains about **5-7 grams** of fiber.



Good Sources of Fiber	
Fiber content listed in grams (g)	
Food	Grams of Fiber
1 cup of cooked dry beans	9-14
1 cup of raisin bran cereal	8
$\frac{1}{2}$ cup brown rice	6
$\frac{1}{2}$ cup corn	5
$\frac{1}{2}$ cup broccoli	4
1 medium apple with skin	4
1 cup of carrot sticks	4
$\frac{1}{4}$ cup of whole wheat flour	3

Increase Fiber in Your Own and Your Children's Diets!

- Try whole wheat flour, or half white and half whole wheat in baking. Use oatmeal, oat bran, or rye to replace some of the white flour in breads, muffins and quick breads.
- Add beans, peas, or lentils (legumes) to main dishes. Choose a legume-based dish instead of a meat, poultry or cheese dish at least once a week.
- Serve whole fruits and vegetables (with the peel if possible).
- Grate fresh carrot, cabbage and other vegetables into salads and main dishes.
- Add dried beans to soups. Add lentils or bulgur to hamburger dishes.
- Serve kid-friendly, high fiber breakfast cereals: Cheerios®, Frosted Mini Wheats®, Total®, Raisin Bran®, oatmeal or Cream of Wheat®.

